

Tarea 1	
Objetivo	Escribir un texto en el que el candidato realice una mediación teniendo como objetivo una necesidad comunicativa concreta.
Procedimiento	Escuchar un texto o textos de unos 3-4 minutos de duración total para identificar la información específica relevante y escribir un texto que responda a la contextualización ofrecida en las indicaciones sobre a quién va dirigido, para qué se escribe y el tipo de texto que debe producir el candidato. El texto fuente se escuchará dos veces.
Extensión	90-110 palabras.
Puntuación	10 puntos.

TASK 1 (10 Marks)

Read the situation below. Listen to the recording and note down all the information that you find useful for the task. You will listen to it twice.

MARKS

Rachel is one of your best friends and she has always been quite an active person. Lately, she's been doing too many things and has too many worries, so stress has become part of her life and she doesn't know how to deal with it. She is having a hard time and you would like to help her.

There's a radio programme on tonight where an expert is going to talk about how to manage stress. You decide to listen to it and let Rachel know what it says.

Write an email to Rachel of about 90-110 words. Summarise the information you heard that might be helpful for your friend.

Source: <https://www.youtube.com/watch?v=sdMsZgMmFoU>